

# Fall Schedule

# Murray Park Center Aquatics

# Wednesday

Time	Leisure Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time
5:00 AM	Adult Only Time Water Walking/Jog 5-9 AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	Lap Swim 5-6 (7) AM	5:00 AM
5:30 AM										5:30 AM
6:00 AM		Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	6:00 AM
6:30 AM										6:30 AM
7:00 AM										7:00 AM
7:30 AM										7:30 AM
8:00 AM	Easy Does It-Shallow 9-10 AM	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim	Lap Swim	Lap Swim	8:00 AM
8:30 AM							Aquafit-Deep 8:45-9:45 AM	Aquafit-Deep 8:45-9:45 AM	Aquafit-Deep 8:45-9:45 AM	8:30 AM
9:00 AM										9:00 AM
9:30 AM							Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	9:30 AM
10:00 AM	Adult Only Time 10-11 AM	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)				10:00 AM
10:30 AM	Open Plunge 11 AM-5:50 PM									10:30 AM
11:00 AM										11:00 AM
11:30 AM										11:30 AM
12:00 PM										12:00 PM
12:30 PM										12:30 PM
1:00 PM										1:00 PM
1:30 PM										1:30 PM
2:00 PM										2:00 PM
2:30 PM										2:30 PM
3:00 PM		Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	3:00 PM
3:30 PM										3:30 PM
4:00 PM		MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	4:00 PM
4:30 PM										4:30 PM
5:00 PM										5:00 PM
5:30 PM	Aquafit-Shallow 6-7 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Lap Swim 5:30-7:30 PM	Lap Swim 5:30-9:45 PM	5:30 PM
6:00 PM		Lap Swim	Masters 6:30-7:30 PM	Masters 6:30-7:30 PM	Masters 6:30-7:30 PM	Masters 6:30-7:30 PM	Lap Swim 6:30-7:30 PM			6:00 PM
6:30 PM	Open Plunge 7-9:45 PM	Boy Scouts 7-9 PM								6:30 PM
7:00 PM			Masters (Adult Open) Water Polo 7:30-9:30 PM	Masters (Adult Open) Water Polo 7:30-9:30 PM	Masters (Adult Open) Water Polo 7:30-9:30 PM	Masters (Adult Open) Water Polo 7:30-9:30 PM	Masters (Adult Open) Water Polo 7:30-9:30 PM	Masters (Adult Open) Water Polo 7:30-9:30 PM		7:00 PM
7:30 PM										7:30 PM
8:00 PM										8:00 PM
8:30 PM										8:30 PM
9:00 PM										9:00 PM
9:30 PM		Lap Swim 9-9:45 PM								9:30 PM
10:00 PM										10:00 PM

Murray Park Center reserves the right to change the schedule at any time to better serve the needs of our community.

Lap Swimming at other than scheduled times is on a space available basis

Effective Date:

2/8/2010